



1764 Lisenby Avenue (850)769-7481 MARCH 2017

Celebration Service Sunday 11:00am March Theme: We ARE Spiritual Beings!

March 5	ARMOND & ANGELINA
March 12	DAYLIGHT SAVINGS - Spiritual Being
March 19	ANNUAL MEETING - Spiritual Universe
March 26	Spiritual Law

Our Vision: Centered in the Light of God,
we joyfully co-create a harmonious world that works for all.

Our Mission Statement: We are a vibrant, welcoming, loving
community that inspires personal transformation by living
Unity Principles and growing in Spiritual Consciousness.

A Cup o' Consciousness Bookstore Hours:
Sunday 10:00am-1:00pm
Office & Bookstore 10:00am - 4:00pm Tue, Wed & Thurs.

The Five Unity Principles

1. *There is only one Presence and one Power in the universe and in my life, God the Good.*
2. *Human beings have a spark of divinity within. Our very nature is of God; therefore we are inherently good also.*
3. *We create our experiences by the activity of our thinking.*
4. *There is power in affirmative prayer, which we believe increases our connection to God.*
5. *Knowing and understanding the laws of life are not enough. We must live the Truth we know.*

Unity Spiritual Center Annual Meeting March 19. Please sign up to be here
(light lunch after) your input is important to us.

www.unityofpanamacity.org unitypcf1@gmail.com



Find us on:
facebook

Please like & share us!

Ongoing

Silent Meditation
Sundays 10:00am Chapel
Mindful Yoga Jill Jordan
Mondays 5:15pm \$5/person
A Course in Miracles
Agustin Peralta & Lynn
Gilbert Tuesdays @ 6:30pm
Meditation Darce Blakely
Wednesdays 11am
Wednesday Exploration
Rev Jo Wednesdays 6pm
Unity Singers Practice
Wednesdays 6:15pm
Tong Ren Healing Susan
Zecchini Thursdays 12:30pm

Monthly

March 5 Meet the Minister
12:30pm (First Sunday only)
3/11 Asana Yoga Jill Jordan
Saturday 9am Love Offering
3/12 Monthly Raffle Drawing
312 Rap with the Rev
Sunday @ 12:15pm
3/18 Serve with Spirit Day
Saturday between 10am-2pm
3/26 Potluck Sunday
Bring A Dish to Share!

Special Events

March 1 New Thought Day

March 3 Friday Movie 7pm
"What is New Thought"
Love Offering \$5

March 5 Armand & Angelina
Flute PlayShop 1pm \$20 LO

March 12 Daylight Savings
March 19 Annual Meeting



Rev. Joanne Burns **“Minister’s Message”**

This spring, we swing into a fun season filled with incredible music, messages and more! Our Unity Spiritual Center of Panama City’s Annual Membership Meeting is Sunday March 19th. I’m excited to bring to you a great collection of ministry team leaders to share in the amazing ways Spirit has shown up in the lives of the participants of this ministry and the ministry itself. Plan to join us for the meeting (a light lunch will be served for meeting attendees) to hear where we’ve been recently and where we’re going in the short and long term future. Our class offerings are increasing and offer a number of paths for you to inspire and expand your personal spiritual transformation. If you have an idea for a class, activity or event, please fill out a suggestion box slip or communicate directly to Paula in the office. For facilitators who desire to present: all potential classes, activities and events are coordinated through the office staff. Paula will then connect

you with the volunteer team members who handle support services your class, activity or event will require to be a wonderful success. It’s wedding season (all-year)! Be sure to tell your friends & family that our beautiful grounds are available for special events. The Sanctuary, Chapel or outdoor Gazebo are each a beautiful setting for a wedding, christening, memorial or other special event at reasonable rates. I offer custom designed services specifically for the souls involved and assist to create wonderful memories of the special day. Our ministry benefits from the special services I provide to Unity and non-Unity individuals, whether on or off campus. Spring forth with a mighty faith to do the things that are yours to do!
Namaste’
Rev. Jo

[Watch Rev Jo on YouTube or listen to an audio of a service on our web page](#)
unityofpanamacity.org

Happy March
Birthday to You!
3/31 Steve Cook



Choose your Birthday gift for Unity Spiritual Center today! Take the card from the Sanctuary and give the card and financial donation to Paula. THANKS!



Abundance and Prosperity

By Kathy Hoffmaster

I appreciate everything I have so much. I am not a person who wants or needs a lot of material things. I am very happy and content and I love the feeling of giving to people. Unity has helped me realize that I will always have what I need – without the “fear” that I used to have about not having enough. Prosperity is not just having money and material things. For me, the Unity book The Quest is my “bible”. I have taken the class and read the book twice – it is a positive and daily living spiritual guide. In earlier years, I thought I wanted and needed “more and better”, but I have learned the more I give, the more I receive – whether spiritually or materially. I am so thankful and appreciative of my health, my friends, my family and my spirituality. I already have everything I need and desire. The most important thing is what is inside of me. To give and receive are the same. I love to give love. What is abundance? For many people it is what is in their bank account. For others, it is their health. For some, their

new house or new car. For me, true abundance comes down to who I am - a beloved child of God.

Spiritual Thoughts

By Lynn Gilbert

..I spent some time after the storm outside this afternoon watching huge hawks surf the air currents. I was left feeling that the process of riding the currents in effortless joy by my hawk friends has meaning for the rest of us. Their greatest effort is spent flapping wings to find the strongest current. They then still those powerful appendages allowing the wind to support their physical being while a mere flick of wing or tail dictates the chosen path.

Sometimes the ultimate hawk message is so close I can taste it. I so want to soar effortlessly, and feel the pure joy of being exactly who and what I am here to be. Can you imagine the Power that the hawk knows as it is resting in the wind with only air between it and earth. As one air current stilled they went back to flapping until another current was found - and the dance began anew.

When the current I am riding stills I forget to flap and hit the ground wondering what the heck just happened. I intend to work on my flapping skills because at my age it takes way to long to get my bruised posterior up again.

May we all soar clearly supported by the powerful connection to God within.

Unity Profile **Kathy Hoffmaster**



Born in Alfred, New York, Kathy grew up in the Catholic Church, the oldest of two - a brother and a sister. This small town in New York was home to Alfred University and their world famous Ceramic School. She had a Rockwellian family and childhood. Leaving home for college at 17 she attended Corning Community College, East Texas State in Commerce, TX, and Olean Business College in Olean, NY. Getting married fairly young she raised a daughter, Lisa and a son, Sean. She eventually moved to Panama City Beach with a friend who was looking to invest in property in the area. In Florida she worked for US Fish & Wildlife Service for 21 years! Her favorite color is green because of her love of trees and nature, and her favorite flower is the Daisy. Dr. Joy Bauman was a Unity congregant and told her about our community. She then attended a book study while we were still on Satsuma – in about 1997, twenty years ago. What she likes best about Unity is the Positive Spiritual Communication, the fellowship and the philosophy of Love, Forgiveness and Spirituality, as well as the great Unity hugs!

March THEME:

We ARE spiritual beings!
“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”
attributed to — Pierre Teilhard de Chardin

March 5

Armand & Angelina

International performers and recording artists, Armand and Angelina have been living their dream together since 2001. They offer an uplifting message, full of humor, passion for life and love for each other. Their music is a unique blend of rock and opera incorporating Native American flute. Come see them and learn a new twist on giving and receiving. They love giving away stuff! Plan to stay for the Flute Playshop following the Celebration Service at 1pm.

March 12

“Spiritual Being”

Unity Principle #2 speaks to our innate Divinity. As humans with spiritual essence within a physical body, our soul will want us to experience all that the life experience has to offer.

March 19

“Spiritual Universe”

Universal laws are rules or patterns that can be applied to everything in the Universe. It is useful and important to know these laws simply because of the universality of their application.

March 26 **"Spiritual Law"**

All creation is governed by law. The principles that operate in the outer universe, discoverable by scientists, are called natural laws. But there are subtler laws that rule the hidden spiritual planes and the inner realm of consciousness.

Check out our
Facebook page for
Daily Affirmations
during the Season of
Non-Violence

March 12



Upcoming:

March 3 @ 7pm **Friday Night Movie** **"What is New** **Thought?"**

\$5. Suggested Love Offering

New! Meet the **Minister March 5**

1st Sunday monthly, 12:30
(YOU Room)
Geared toward newcomers
and return visitors.

March 5 1pm **Flute Playshop** **Armand & Angelina**

Are you ready to play Native
American flute? For
centuries people have been

mesmerized by the hypnotic
sounds from these gentle,
easy to play flutes. Whether
you have a musical
background or have always
wanted to play a musical
instrument, this Playshop is
for YOU. Join us for a magical
afternoon of music. Flutes
will be available to borrow or
you may purchase one for
your own from us.

Serve with Spirit **March 18**

Come any time between
10am-2pm

This monthly opportunity to
love our facility with light
cleaning & spruce up
projects.

Yoga **Mindful Yoga** **Mondays 5:15pm** **Jill Jordan \$5 LO**

This weekly class offered at
Unity Spiritual Center will
focus on the use of yoga to
calm the mind.

Asana Yoga **Saturday March 11** **9am LO**

Monthly class - the only rule
Patanjali suggests for
practicing asana is that it be
"steady and comfortable".

"Wednesday **Exploration"**

6-7:30pm
Rev Joanne Burns

(YOU Room) Join Rev. Jo for
a weekly opportunity to
explore the concept of the
previous Sunday's talk
shared in a deeper dialog
among a small group.
(NOTE: No group gathering
the evening of March 8 only.)

The Forbidden Beach

By Diane Batch

Walking the beach,
Waves crash, winds howl;
whipping the sand around my
feet
Birds scurry.

Oh the sounds of nature:
how gallant
Crashing waves and howling
winds
Shattering shells along the
shore.

I still walk
Waves crash
Wind whips
Birds still scurry.

Sand dollars found - three
Is this a message from above
Father, Son and Holy Spirit?
Peace, joy and love

As I turn back
Waves crash
Wind whips
Birds scurry.

There are no footprints
I was not there.

Enjoy Bingo? Join **us for the fun!**

Please contact Linda at 850-
896-9442 to select your spot.

Earth Day April 22

Volunteer at the Unity
booth (setup at 8am)
event 10am-4pm. Please
sign up with event
coordinator Claudia
Gamin to volunteer for a
two-hour shift.

Please Support our **Monthly Raffle.** **Drawing March 12**